

Woman's World

Conducted by Helene Valeau.

HELENE VALEAU'S ANSWERS.

Miss Valeau will reply to all questions asked by the feminine readers of the Intermountain Catholic. The well-known character and authority of her replies need no introduction to those already familiar with her ability. Miss Valeau will take a kindly and personal interest in those who write to her, and will spare no pains in seeing that their inquiries are answered fully and carefully. Write only on one side of the paper. Address letters to Miss Helene Valeau, Intermountain Catholic.

An old negro laundress is responsible for the following cure for bad scorched places caused by too hot irons: A half pint of vinegar is put on the stove in a porcelain lined saucepan. To this is added the juice of a large onion and two ounces of fuller's earth. The mixture is boiled for five minutes, strained, cooled and bottled.

In removing the scorch a little of the mixture is put on a clean white linen rag and rubbed over the scorched place until it disappears. Several applications may be necessary.

The following is said to be a delightful tonic and one that is easily enjoyed: The tonic is a saturated salt bath, or, if the salt is too strong, use less salt at first. At least it should be quite a strong brine. After preparing the salt bath, drop into it a dessert spoonful, even half that quantity, of flutrone of benzoin, which will cost about 10 cents an ounce. If convenient, drop benzoin into warm water first, stirring, then adding to the whole. Salt is a disinfectant, and may be used in the bath with or without soap. The benzoin will produce a delightful odor, resembling a combination of roses and violets, and it is also a skin beautifier. While salt will whiten the skin and render it smooth, the benzoin will add the qualities of softening and cooling it. Do rubbing while in the bath, and when you step out dry lightly and quickly with a soft coarse linen towel, and the odor will cling to the person for hours. This is a good bath for the face, but may be too drying if used too freely, especially for a skin which is naturally very dry.

For corns and bunions, paint several times a day with colorless iodine, using a small paint brush, and letting the iodine dry in. Five cents worth of the iodine will last a long time, but must be well corked, as the iodine is apt to eat the cork; the brush will probably cost 5 or 10 cents. This iodine will remove the soreness of the enlarged joint, and if loose shoes are worn, the bunion will not be troublesome. This is good also for soft corns. But it is useless to expect good results if after two or three applications, the remedy is neglected. It is well to soak the foot before using the iodine, if convenient.

To remove the stain of sweet potatoes from the hands, rub with coal oil, then wash with soap. Many stains can be removed from the hands by rubbing the cut side of a ripe tomato on the stain.

Is It Worth While?

Is it worth while that we jostle a brother
Bearing his load on the rough road
of life?
Is it worth while that we jeer at each other
In blackness of heart—that we war
to the knife?
God pity us all in our pitiful strife.

God pity us all as we jostle each other:
God, pardon us all for triumph we feel
When a fellow goes down; poor, heart-
broken brother,
Pierced to the heart; words are keener
than steel.
And mightier, far, for woe and for
weal.

Were it not well in this brief little jour-
ney
On over the lethargy, down into the
tide
We give him a fish instead of a serpent.
Ere folding the hands to be and abide
For ever and aye, in dust at his side?

Look at the roses saluting each other;
Look at the herds all at peace on the plain—
Man and man only, makes war on his
brother.
And dots in his heart on his peril and
pain—
Shamed by the brutes that go down on
the plain.

—JOAQUIN MILLER.

Summer Hints.

If for reasons of family, or business, or because she cannot afford to do otherwise, the beauty must remain in town all summer, she should resolve for her beauty's sake to banish her discontent.
Next to health the greatest aid to beauty is serenity of mind. The serene mind is reflected in the skin without lines, in clear, radiant eyes, in a fine carriage, but most of all in sturdy, self-supporting facial muscles.
Whatever befalls the beauty she cannot afford to worry about. And if she cannot afford this expenditure of emotion, much less can she afford to be merely pretty, or the woman who is absolutely plain. Determine to make the best of your situation in the hot city.

Next consider what you can do to enhance your comfort, for as you contribute to your comfort, you contribute also to your health and beauty. Be sure that your wardrobe fills the needs of your situation.
Wear clothing that is lighter in texture and in color than in winter. There is a good scientific reason for the instinctive choice of light colored garments in the summer. Light colors reflect the sun's rays. Dark colors absorb them. Therefore, the light-colored garment not only looks cooler, but is cooler. Wear lightweight clothes. Replace the dark serge skirt with a linen skirt or chambray one if possible. Let your skirt waists be as thin as reasonable durability will permit.

Have as little starch as possible in your laundered clothes. Starch is an impure substance that forms a wall between the outer air and the inner body. It prevents the air reaching the body and the exhalations of the body from passing into the outer air.
Wear your clothes a little looser in summer than winter, for constriction of the wall of the body means higher temperature. Loosen your stays by an inch or so more, if you have formed the habit of wearing them tight. This will be a grateful release. If you have ever been foolish enough to wear tight stockings this is the time to change that unwise habit. Never wear tight shoes, but especially never in the summer.

Don't wear a heavy hat at any time, but in the summer it is particularly annoying. Have your hats trimmed with lightweight ribbon and flowers, so that there may be no drag upon the delicate scalp, made more sensitive by summer heat, nor hair with a greater tendency to weaken at the roots, be-

cause of the dust of summer and the unusual perspiration of the scalp.

Comfort yourself by the thought that you will escape the danger of the extravagances of vacation, the too long walks, too much rowing, too great interest in golf and tennis or motoring. An unwise vacation as strenuously spent as the preceding months in town is worse than none. Such a vacation sets its stamp of faded hair, burnt skin, strained eyes and an unbecoming nervousness and irritability. Working too hard at their pleasure the girls who have gone away for the summer may come back in a more perturbed, unbecoming state than the one in which they left. Such vacations are failures, because their owners have not gotten right with the world by getting close to nature. They have taken their pleasure too seriously. Travel, for instance, instead of being an agreeable form of transit, has been the smothering blanket of a multitude of details.

Better than an unwise vacation may be this forced one of yours. Better a careful conservation of our vital force, by routine, than a bankruptcy of it by injudicious idling.

The perils of the summer spent in town are the enervating heat and the lack of fresh, tonic air. These must be in some way overcome. How?
By care in utilizing all the opportunities you have for fresh air. Is there a flat roof on the building in which you live or work? Frequent it. Go there in the morning and evening and pack your lungs with oxygen for day or night consumption. With arms raised above your head and palms outward, rise on tiptoes and stretch your body to its greatest height. Rise slowly, and, always with your arms raised, breathe deeply a score of times. If you are not used to the deep breathing exercise begin moderately with, say, four inhalations, holdings and exhalations. These can be indefinitely increased. But beginners are liable to become dizzy at first, and they should regulate the amount of deep breathing, so that gradually the tendency to dizziness will disappear.

Walk less than in the winter, but do not wholly give up that most stimulating of exercises. Choose the cooler hours of the morning and evening for walking.

A Cure for Worry.

One of our "troubled Marthas," in sending in a request for information, writes: "We come to you for all manner of help and advice, and we get what we ask for. Now, if you could only give us a sure recipe for the destruction of the 'worry' germ, we would rise up and call you blessed!"
And taking down one of my well-worn reference books, I find the "cure" asked for, time and again repeated between its covers. The book is not a rare one—every family has, or should have one, and, alas! If our discouraged friend would open her Bible at St. Matthew 6:25, and read to the end of the chapter, or open at St. Luke, chapter 12:22-31 inclusive, she will find the recipe asked for. There are other recipes for the same trouble, but these will cover all the grounds. I cannot enforce the following of these directions, and like other recipes, the instructions must be strictly carried out if sure results are wanted. The cure is not "without price," for everything worth having must be paid for in some coin; but the cure is worth the cost, and only an outlay of faith, persistence and perseverance is called for.

Another discouraged one says: "It is well enough for you to say, 'Do not worry,' but worry cannot be stopped for the mere saying." O, thou of little faith, how much does the worrying "add to your stature?" In the long-gone days of my youth, we sang a song, "The sparrows, the lilies and me," and our frightened hearts knew nothing of the lessons the words were intended to convey. Now, we know. Can any one send me the words of the old song?

Try the worry cure, and learn the beautiful lesson that we are permitted to suffer that we may grow nearer to the heart of humanity. The bitter tonic is often the best.

Round Steak.

When you are tired of the conventional roast beef, pot roast or broiled steak, try this you'll feel repaid. Cut a lean round steak in pieces about 4x4 inches. Lay on each piece a small piece of bacon, a little minced onion, salt and pepper, roll up and fasten together with wooden toothpicks. Brown the "birds," as they are called, in a hot, greased skillet, then cover with hot water, cover tightly and let simmer two hours, renews water when needed. When done, make brown gravy, pour over the birds and serve.

Rye Bread.

Scald one pint of milk, add small piece of lard, a teaspoonful salt and a little sugar. When lukewarm add one-half cake compressed yeast and stir in rye flour until very stiff. Let rise until morning, then knead into two loaves. Use wheat flour on board when kneading.

Bust of Brownson.

The heroic bronze bust of Orestes Brownson, which has been for years in possession of the Catholic club of New York, will be unveiled with appropriate ceremonies on Oct. 12, Columbus day, in one of the public parks at the metropolis. A committee is now considering the question of a site.

The Catholics of the Argentine republic have formed committees of defense in all the towns of that large country to safeguard religious teaching in the schools and to counteract the audacious efforts that are being made to banish religion from them. The republic possesses 4,300 primary schools, attended by about 220,000 pupils. The pupils have always had the advantage of the tenets of whatever religion their parents belonged to. Argentina owes all its intellectual culture to the Jesuit Father who, among other educational institutions, founded there three centuries ago the University of Cordoba, which is still at the present day the first university of the country. A large proportion of the population is Irish or of Irish parentage.

In St. Gall's church, Tintin, Minn., on the feast of Pentecost, Charles F. Uebelhoefer, with great humility, made a public profession of faith and was received into the Catholic church by Rev. James Walcher. Until the last few months Mr. Uebelhoefer was a Lutheran minister and was noted for his zeal and learning. He was born in 1874 in Germany, was graduated from the Universities of Heidelberg and Bonn, and was ordained in 1899 in Baden. He was sent on the foreign missions in connection with the German Evangelical synod of North America. His first mission was at Strasburg, Sask., Canada. La-

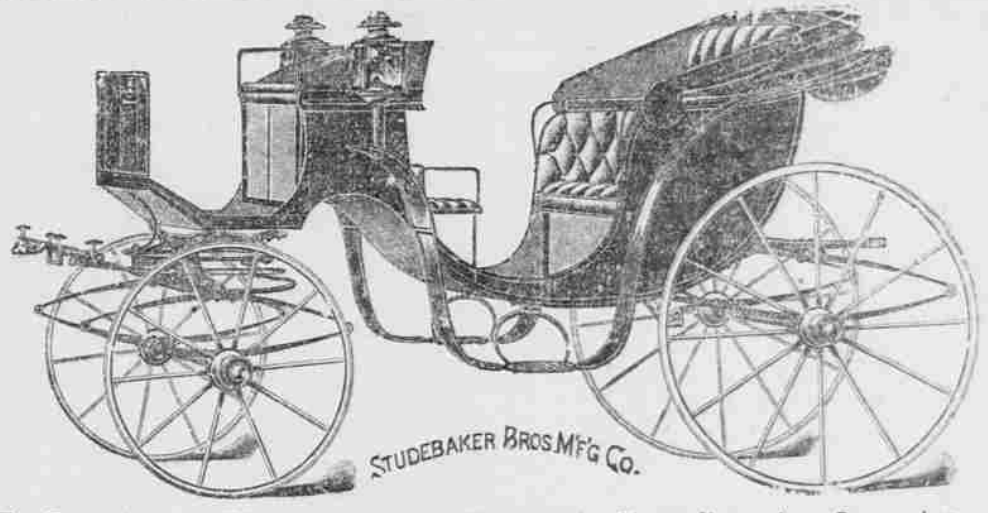
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ter Mr. Uebelhoefer preached at Eden Valley, Minn., which was his last mis-
sion. He will enter St. John's college,
Collegeville, Minn., next September to
study for the priesthood. In the mean-
time he will remain with Father Wal-
cher for further instructions.

The superior of the Belgian missions
in the Philippines is rejoicing in the fact
that he is soon to receive ten more
priests who are coming from China. One
hundred could be placed immediately,
for the people are begging for priests to
take up the work where it was left off
by those who were driven from the is-
lands ten years ago. These Belgian mis-
sionaries have had a trying ordeal in
getting among the people, especially in
the districts where the schism was ram-



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